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A METRO SPECIAL INVESTIGATION

Mothers and their babies in prison

metroNEWS

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BILL 6
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DIVISIVE DEAL

More than 1,000 farmers and their families rally for Bill 6 to be put to pasture metroNEWS

Ex-Uber drivers find new route

TRANSPORTATION

Kijiji ride offers spike after city's decision to nix app

Helen Pike
Metro | Calgary

Calgary's Kijiji page is littered with offers for rides to the airport, designated drivers for hire and other services breaking the livery bylaw — the newest online ad: ex-Uber drivers.

With Uber on hold, its drivers are turning to alternate ways of earning cash, and some intent on driving are risking their livelihoods doing it.

"Basically what people are trying to do is what we're all trying to do, make a little money," said a driver who asked to be referred to as Donny. "Hopefully Uber comes back and we can continue on where we left off."

Donny said he started driving within the last month, though he hasn't yet had a response to his ad online. Although he never successfully prowled the streets with Uber he was on the verge of finishing their signup requirements when the whole operation shut down.

"When you have family to feed and there's no work, sometimes you do stuff like this. Hopefully we don't get caught. Hopefully we don't damage our family situation," he said.

Without an app to connect them to users, drivers are now turning to Kijiji to find customers. Bandit cabs can be found by searching rides, drives, airport and other quick keywords in the services section. And they all turn up pages and pages of results.

Metro reached out to the City of Calgary for a response on whether there has been a rise in bandit cabs since Uber temporarily left the market, but wasn't given a response by press time.

"When you have family to feed and there's no work, sometimes you do stuff like this."

Driver "Donny"

Remembering DURING the first blizzard...
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metro NEWS

Your essential daily news

Can you do this? Two-year-old Sophia can name all of nation's new ministers. **Canada**

IN BRIEF

Province to launch Redford conflict of interest probe

The Alberta government is launching an external review of the 2013 investigation into conflict of interest allegations involving former Premier Alison Redford.

The 2013 Ethics Commissioner investigation was related to the decision to have the Tobacco Recovery Lawyers consortium represent the province in a case against tobacco companies. Concerns have emerged over Neil Wilkinson, the commissioner at the time, who "may not have had all the information that was relevant to his inquiry," the government said.

"These allegations are serious," said minister of justice Kathleen Ganley, in a news release.

The review will be complete by Feb. 29, and his advice will be made public.

METRO

Man admits to shooting bystander in 2009

A Calgary man has admitted to shooting an innocent bystander at a restaurant on New Year's Day in 2009. Real Honorio pleaded guilty today to second-degree murder in the death of Keni Su'a at the Bolsa restaurant. Su'a was gunned down as he ran from the restaurant as two men shot and killed Sanjeev Mann and his associate, Aaron Bendle. The violence was part of an escalating feud between two rival Calgary gangs. There's no word yet on a sentencing date for Honorio.

THE CANADIAN PRESS

Skaters look to ride out the snow inside

SPORTS

Community gets rolling on indoor park

Helen Pike
Metro | Calgary

Calgary may be building a number of skateparks and bowls, but once a blanket of snow descends on the city, outdoor parks are as good as non-existent until the white stuff melts.

A member of Calgary's skateboarding community is embarking on a mission to make winter skateboarding accessible and safe for everyone by moving the concept indoors.

"Every winter, skaters have no place to go," Jason Huang said. "Or they have to go underground to underground parkades where it's warm and dry and you can skate … I just thought it would be nice to have a place to skate legally and safely, and not get fined. I figured why can't I be one to make that happen."

Huang has a company of his own where he designs and sells skateboard decks, but he's hoping this new venture can turn into a successful non-profit for skaters to enjoy year-round.

"I've been skateboarding ever since I moved to Canada, which was about ten years ago," he said.

Currently the City of Calgary doesn't have an indoor facility for skateboarders. But there have been attempts in the past. The Source Skatepark, All Skool, 403 Skatepark, Skate Jungle, and Skatopia are a few names for private parks, but all failed because of the sheer cost involved to run a large-scale facility.

Jason Huang is hoping to have an indoor skatepark up and running for next winter. CONTRIBUTED

Huang said the last facility he remembers closed in 2006, almost ten years ago.

"On top of that, insurance companies are still under the impression that skateboarding is dangerous. It actually ranks quite low (for injuries) compared to most popular sports," said Zev Klymochko, of the Calgary Association for Skateboarding Enthusiasts (CASE).

Huang is already investing $10,000 towards the endeavour, and searching for the ideal location to lease space in the inner city. His crowdfunding goal so far isn't dependent on funds, but any support would be the icing on the cake, going towards a good cause for skaters.

As for Huang's endeavour, CASE is on board to support this skateboarders dream.

"CASE supports anything that benefits Calgary skateboarders and makes the city a better place to skate," said Klymochko. "We've submitted a couple of proposals for indoor parks but to date have been unsuccessful. We've promoted Jason's crowd funding campaign; kudos to him for taking initiative."

Huang said the earliest his skatepark can open up is early next winter.

COUNCIL

City task force faces axe

Brodie Thomas
Metro | Calgary

Last week city council sent the Ward Boundary Commission's recommendations back to administration for reworking.

This week, it looks like another one of the commission's ideas will be rejected.

Council's Legislative Governance Task Force (LGTF) will be looking at the idea of creating a Task Force on Council Effectiveness on Tuesday.

City council is recommending the task force be shelved — but it will be up to the LGTF to make that decision.

Coun. Ray Jones is vice-chair of the LGTF. He doesn't see much use for the creation of the task force.

"I don't know how you legislate effectiveness when we're 14 individuals," said Jones.

"We all have different demands in our wards."

The original recommendation grew out of discussions about how ward boundaries might be redrawn, and if more wards were needed in the city.

The Ward Boundary Commission suggested creating a five-person task force to analyze council innovation initiatives, develop customer service improvement initiatives, create operational guidelines and research best practices from other municipalities.

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Murders shock town

CRIME

Police treating deaths of three inside home as a homicide

RCMP say they are treating the deaths of three people in a rural Alberta home as homicides.

Mounties found the bodies of a man, a woman and a teenage girl with "obvious trauma" in a house near Edson on Sunday.

Insp. Gibson Glavin said the deaths were not a murder-suicide.

"I will be clear that there was someone out there, or some people, who did this and we have not arrested them yet," he said Monday.

RCMP major crimes investigators and other Mounties were speaking with people in the area west of Edmonton looking for leads and clues.

Police found the bodies after responding to a call from someone outside the home. Glavin said police don't believe anyone else is at risk, but urged people to be careful.

"We do urge the public to be cautious, to be aware of people or circumstances that cause them to believe that they have some knowledge or some connection with this homicide investigation," he said.

Citizens in the town of Edson were shaken to hear that three people found dead in a home died as a result of what RCMP investigators described as homicide. COURTESY QUY, WIKIMEDIA COMMONS

> **We do urge the public to be cautious, to be aware of people or circumstances.** Insp. Gibson Glavin

Glavin would not say at a news conference in Edmonton what the relationship was between the dead other than that they all lived in the house.

The investigation is not ruling out any suspects and officers would like to speak to anyone who may have information about what happened, he said. Autopsies had yet to be performed.

Edson Mayor Greg Pasychny said people in the oil and gas town were heartened by assurances from the RCMP that the public is not at risk.

But he said people are still disturbed and worried about the killings. THE CANADIAN PRESS

FUNDING

Zoo seeks $2.6M for lemur exhibit

Brodie Thomas
Metro | Calgary

If you're going to ask for a large sum of money, using your best puppy-dog-eyes look can't hurt.

The Calgary Zoo is asking the city for $2.7 million this week, but they'll have lemurs on their side when they make the request.

City administration is recommending council approve the grant, but the decision must first pass through the Standing Police Committee on Community and Protective Services and then council.

The Zoological Society wants to build a $7.96-million Land of Lemurs exhibit on the tip of St. George's Island.

The exhibit would be located just beyond the lions, zebras and ostriches, according to the society's report to council.

In the summer, the lemurs would have access to the trees that naturally grow on the island. In the winter they would be moved to a large indoor enclosure.

The design of the enclosure would allow for humans to walk on a boardwalk through the enclosure, and possibly interact with the lemurs if the animals are feeling friendly.

Trish Exton-Parder with the Calgary Zoo said via email that the zoo is pleased the city appears supportive of the project.

"We will be able to start construction once funding has been secured for a 2017 expected opening," she said.

SPECIES

If you've seen one lemur, you've not seen them all

There are over 100 species of lemurs. The tiny primates are found on the island of Madagascar.

The smallest species averages 30 grams and the largest is about 20 pounds.

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Starting in 2010 with the sale of land lots on the Ecuadorian Pacific coast, HolaEcuador, a Canadian company is now into its sixth year offering diversified real estate opportunities and a wide array of services. Every year, the team helps hundreds of Canadians acquire property in South America.

Comfortable year-round **weather**, low **cost of living** (about three times lower than in Canada), an incredible diversity of natural scenery, an efficient and affordable **healthcare system** and **benefits for retirees** makes Ecuador more and more attractive to North Americans who wish to have a second home under the sun or who would literally like to retire and relocate to this marvellous part of the world.

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"The development on which we're currently working is a 130 acre property that sits directly in front of the Pacific Ocean", states Gordon Poole, Vice-President of Design and Construction. "It is located 60 kilometers south of Manta, the regional capital. Of the 1,700 lots on the development, there are only about 350 left unsold", he adds.

"Infrastructure is coming along quickly, and home construction is well underway, with 125 homes completed and many more starting this year. A beautiful outdoor sports facility is operational, businesses are beginning to set up shop and the parks are breathtaking. A few years from now, this little slice of heaven will be the envy of investors who didn't seize the opportunity", says Poole.

WELL-KEPT SECRET

For now, Ecuador remains a relatively well-kept secret. Properties are much more affordable than in similar destinations. "Prices reflect what was available in Costa Rica 15 years ago, but in a country where first-rate and modern infrastructure is already in place," says Poole. "The country is amongst the safest in Latin America and the currency is the US dollar, which is very reassuring for investors," he adds.

Lots on HolaEcuador's Pacific coast development start at US $22 600, while construction of a two-bedroom, one-bathroom house starts at US $69 900.

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Paula Timm says you need not have "amazing creative talent" to be an artist. JEREMY SIMES/FOR METRO

Art can help you: Disabled advocate

ACCESSIBILITY

Spark festival aims to break down barriers

Paula Timm once described herself as a closeted artist.

That was the case until doctors made a surgical mistake when removing her colon.

"It was a month of fighting to stay alive," said Timm, who has ulcerative colitis, an inflammatory bowel disease that affects her autoimmune system, making her feel constantly sick.

While she spent a year off work recovering at home, Timm stumbled upon Studio C and in doing so, connected to an art community she had longed for.

"Art helps me heal," she said.

Now out of the "art closet," Timm will be speaking at Studio C's Spark Disability Art Festival, where she hopes to bring art to those with barriers.

The festival is meant to spark a conversation about the challenges people with developmental disabilities face, according to Colin Menzies, program manager at Studio C.

As it turns out, art is one mode to talk about it, he added.

"Artists with disabilities aren't just doing craft art in the corner of a community hall," he said. "It's 2015, and yeah, we've made a lot of progress in society, but there is a ways to go, and that's why this (festival) needs to take place."

In fact, many visit Timm for guidance. She said those with disabilities often feel like they can't call themselves artists, because they fear their work will never be as good as that of their non-disabled colleagues.

But they're wrong, she added.

"What I have found in my own experience is that we need to be creative — we were created in the aspect of creation," she said. "You don't need to have some amazing creative talent to express yourself. I think it is healthy and necessary for all people to find an outlet to express."

> **We've made a lot of progress ... but there's a ways to go.**
> Colin Menzies

Menzies said he hopes the festival expands people's perceptions, where questions are asked, even if some feel uncomfortable asking them.

"I hope that it's something that'll expand our minds," he said. "It's more about the experience, rather than this whole 'us versus them' mentality that we need to get rid of."

Spark runs until Dec. 3, and Timm will be presenting "heART where you are," Tuesday at 7:30 p.m.

IN BRIEF

More info on suspect sitter

More families have provided information on a West Edmonton babysitter who was arrested and charged Nov. 23, on suspicion of uploading images of sexually exploited children online.

Jason Michael Campbell provided child-minding services for 16 years through Kijiji. Police said there's no indication children in Campbell's care were sexually exploited, but said evidence suggests he was uploading child pornography while children were in his care. METRO STAFF

CRIME

Police hunt man in reported carjacking

Calgary police are looking for the public's help to locate a man after a northwest kidnapping and robbery.

Police said a man was entering his car on the evening on Nov. 18, outside a home in the 3600 block of Brenner Drive NW, when a robber approached him and entered the vehicle by force.

The robber demanded the victim's phone and wallet, then told him to drive the car north on Shaganappi Trail before stopping at a construction site near Symons Valley Parkway.

The robber then assaulted the driver and left the scene on foot.

The suspect is described as white, between five feet 10 inches and six feet tall.

He was wearing a grey or tan hoodie, a dark blue or black coat and blue jeans.

Police are asking anyone with information about this incident to call Crime Stoppers. METRO STAFF

University of Calgary students Jorge Zapote, Mitchell Weber, Michelle Zhou, and Xi Cheng built WindChill, a food preservation system that takes inspiration from nature.
COURTESY RILEY BRANDT/UNIVERSITY OF CALGARY

Fridge on world map

FOOD STORAGE

Students built electricity-free unit for people in poorer areas

Aaron Chatha
Metro | Calgary

Meals for the powerless: a group of Calgary students is getting worldwide interest in testing their award-winning refrigerator cooling unit — one that doesn't require any electricity.

University of Calgary student Jorge Zapote and his team used animals such as kangaroos as inspiration to create a unit called the WindChill that cools using underground air circulation, copper coils and evaporation to keep food cool without being connected to a power grid.

"We looked at the animals that tended to live in hotter environments," he said. "The elephant gave us the evaporation idea, and kangaroos and termites go underground, so we got a couple of different little inspirations there."

The aim of the product is to help people in poorer areas store food longer.

Zapote's group won first place in the Biomimicry Global Design Challenge, beating out competitors from California and the Netherlands. Since then, Zapote said they've been approached by groups like Samaritan's Purse and even a team in Bosnia that want to test the device overseas.

Zapote said the group's next goal is to finish the semester, so they can work on improving the unit.

"I mean, we can make things, they can win competitions and we can have a lot of fun, but the goal is really to make them have an impact," said Zapote. "It's also meant to be an example to show people that, you don't have to be a big company or institution or have a bunch of fancy degrees to try and do something a little positive."

IN BRIEF

Wildrose party proposes recall legislation

A Wildrose MLA put forward legislation that could allow voters to recall their MLA.

Chestermere-Rocky View MLA Leela Aheer's Bill 206 would allow voters to force a byelection if 20 per cent of the voters in a riding signed an official petition within 60 days.

There would be a $5,000 application fee to prevent frivolous attempts.

The Recall Act would make it illegal for canvassers to be paid.

METRO STAFF

OCCUPATIONAL HEALTH AND SAFETY

Farmers rally at legislature against Bill 6

Ryan Tumilty
Metro | Edmonton

More than 1,000 Alberta farmers planted themselves outside the legislature Monday to urge the government to kill its new farm safety legislation.

Bill 6, currently before the legislature, would add farms and ranches to occupational health and safety legislation and require workers at farms and ranches to be covered under the Worker's Compensation Board.

Coral Robinson, whose farm is three hours north of Edmonton, said she came to protest because the bill is an assault on the family farm.

"It was important to stand up for our lifestyle, our way of life. Anybody wants to be able to raise their family the way they would like," she said.

Robinson said family farms often rely on friends, neighbours and children to help out, and this bill will make that impossible.

"Bill 6 takes away our right as parents to decide when our children can have responsibilities on our farms," she said.

Robinson said she supports safety improvements on Alberta farms, but believes that goal can be better achieved through education, not regulation.

Labour Minister Lori Sigurdson, who introduced the bill, spoke with protestors at the rally and said the government is open to more consultation so the bill can work.

"We absolutely want to make sure that this will work for family farms and that's why we are out here listening, that's why the conversations are going on," she said.

She said the bill is important to prevent injuries and even fatalities on farms.

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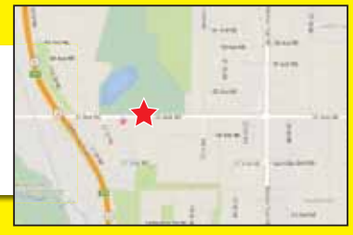
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BROKEN BONDS | PART I

Jennifer Smith stands in her oldest daughter's bedroom at her home in Vancouver. In 2007, Smith and her newborn baby lived together at a B.C. jail while Smith was incarcerated.
JENNIFER GAUTHIER/FOR METRO

An unlikely initiative at one B.C. jail for women was changing the lives of inmates and their families. So why was it stopped?

Breaking a vicious cycle

Sidney Cohen
For Metro

Jennifer Smith found out she was pregnant from a prison nurse at Prince George Regional Correctional Centre, a provincial jail in central British Columbia.

It was the winter of 2007 and Smith, in jail for minor crimes committed to support a drug habit, had recently been through withdrawal. The 22-year-old weighed just over 100 pounds and in her words, "looked like death." The baby, she was told, would come before the end of her sentence.

Traumatic events in Smith's youth, including the suicide of her father when she was a teenager, had her on a downward trajectory. When she discovered she was pregnant, "I just made a really big decision," Smith says, "that my life was going to change from here on out."

It was Smith's first pregnancy, but not her first time in jail. Two years earlier, Smith had spent three and a half months at Alouette Correctional Centre for Women, a Vancouver-area prison for women awaiting trial or serving terms under two years. Smith remembered being amazed when a fellow inmate delivered a baby boy in hospital and brought him back to live with her at the jail.

> **"A pregnancy always offers an opportunity for healing."**
> Mary Ellen Turpel-Lafond, B.C. Children's Advocate

At the time, Alouette was operating a "mother-baby program," which allowed women who gave birth while incarcerated to keep their newborns with them, to breastfeed and bond during the critical post-partum period.

Smith asked to be transferred to Alouette and her request was granted.

Smith gave birth to a daughter that June. In August, she walked through Alouette's gates, baby in tow. She never looked back.

Alouette staff and outside observers say the mother-baby program is safe and effective. They note the positive impacts of keeping mothers and babies together: babies reap the health benefits of breastfeeding and bonding with their mothers, and the mothers are inspired to get clean and stay out of jail.

So it came as a shock when, in 2008, B.C. Corrections quietly shut down the mother-baby program, citing concerns for the babies' safety, despite there being no known instance of harm to any child who participated in the program. Two inmates challenged the closure and in 2013, the B.C. Supreme Court ordered the program reinstated. The court held that cancelling the program discriminated against incarcerated women, particularly indigenous women, who are overrepresented in Canada's correctional system, and violated the charter rights of mothers and babies to be together.

On June 16, 2014, B.C.'s Ministry of Justice proudly announced the opening of the newly renovated mother-baby unit at Alouette, but since then not one baby has been allowed to live at the jail. And not for want of pregnant inmates. In all, 26 babies have been born to provincially incarcerated women in B.C. since 2008. Two inmates gave birth this summer.

When asked, the province says Alouette's mother-baby facility is available to women who need it, but inmates, activists and even the jail's former warden say the government has made the program so hard to access that it might as well still be closed.

* * *

Alouette opened as a women-only prison in 2004, under an enthusiastic warden named Brenda Tole, who is now retired. Tole had a vision for corrections built on the belief that permitting women a degree of autonomy would empower them to take control of their lives.

Tole designed Alouette to be a therapeutic space. Women had keys to their own rooms, they could venture outdoors at their leisure, and an inmate

BREASTFEEDING

The World Health Organization says breast milk is the ideal food for newborns as it is rich in nutrients and has antibodies that protect against diarrhoea and pneumonia - the leading causes of child mortality across the globe. According to Health Canada, breastfeeding reduces a child's risk for allergies, helps mothers shed baby weight and reduces their risk for developing breast cancer.
THE ASSOCIATED PRESS

committee was organized so women could discuss problems in the jail and make proposals for improvements.

All this equalled a measure of agency and trust unfamiliar to most women in custody. On the street, Alouette was known as "Camp Cupcake."

Alouette's mother-baby program was pitched to Tole by Sarah Payne, a Vancouver midwife. Payne, who worked with substance-using mothers and their babies, explained that infants born into withdrawal who stayed with their mothers — were breastfed, cradled and kissed — had better health outcomes. Women who had babies taken away often lost hope and returned to their old ways. Mothers who kept their newborns had motivation to get better.

Tole, who has worked in corrections for 30 years, says she has seen the effects of mother-child separation first-hand. "The moms are destroyed. … It's unbelievable. It's horrible," she says.

Alouette's mother-baby program was designed to give babies the chance to form a secure attachment to their mothers, which experts say is critical to a child's future emotional health.

Mary Ellen Turpel-Lafond, B.C.'s Children's Advocate, has worked closely with families living with poverty, drug addiction and incarceration, and is a vehement supporter of prison mother-baby programs. She says the effects of keeping a mother and baby together, with support from the community and social services, can be life-altering for the child and felt for generations to come.

Jennifer Smith holds a photograph of oldest daughter, taken in 2008. JENNIFER GAUTHIER/FOR METRO

"The children have stayed in the long term with the parent, done well in school and will likely be the first generation to break ... a multi-generational cycle," she says.

Considering Canada's sordid history of removing indigenous children from their families, the implications are especially acute for First Nations women, who account for almost half of the country's female inmate population.

Alouette's mother-baby initiative presented an opportunity "to address trauma as opposed to compounding trauma" experienced by incarcerated women and children of indigenous heritage, says Turpel-Lafond.

* * *

Between 2005 and 2008, 13 babies were born to women serving sentences at Alouette and nine lived at the jail until their mothers were released. At the time of the 2013 B.C. Supreme Court judgment, all nine had remained out of custody — impressive, given that About 70 per cent of B.C.'s women inmates reoffend within two years of release, according to documents from the court case.

"It was just amazing to see," says Tole. "The moms… and babies did so well. It was positive for the staff too ... a total de-stressor."

Alouette's mother-baby unit, named Alder after the west-coast tree, had a reputation for being calm. Women who sought admission to the unit were carefully screened. If they didn't have kids of their own inside, they acted as babysitters while the mothers worked and took parenting classes. Some inmates who helped out in this way reported that the babies' presence elicited painful memories of their own estranged kids, but also that the program inspired them to reconnect with their children when they were released.

Jennifer Smith says she felt "totally safe and comfortable" living with her daughter in Alder.

Smith recalled one night when her baby wouldn't stop crying. She tried burping and bobbing her to no avail. Not having slept a full night in days, the first-time mother broke down in tears herself.

That's when she heard a knock at her door: "Is there anything I can do for you, dear?"

It was Betty Krawczyk, an environmentalist famous in B.C. for multiple arrests and imprisonments. The 78-year-old grandmother plucked the bawling baby from Smith's arms and, in characteristic defiance of the rules, brought the baby to the rocking chair in Alder's common room. She held the child against her breast and rocked her back and forth until she fell asleep.

* * *

In the years since leaving Alouette, Smith has stayed clean, moved into a three-bedroom apartment in Vancouver, and had a second daughter.

It hasn't been easy, but the family has come a long way.

Smith's daughter, now in Grade 3, is doing well in school and taking gymnastics classes. "She's really flexible," Smith says proudly. "This girl can do the splits both ways and she does headstands, handstands, round offs on the beam." Her younger child, nearly two, is learning numbers and shapes.

Right now Smith is a full-time mom, but she hopes to pursue a career where she can draw on her life experiences to help others.

"I just want to be there, so that people know there's still hope when you're down. It's not the end of the world. I know I definitely thought it was for me."

Smith says the day she found out she was pregnant the first time was the best one in her life up to that point.

"It gave me a reason to live.

"If I didn't get the opportunity to have my child (in jail) — I still would have fought for her — but who knows what would have happened. I don't even want to think about it."

Meanwhile, Alouette's mother-baby facility sits empty.

Broken Bonds

PART I
"A success story"
Tues. Dec. 1

PART II
"It all falls apart"
Wed. Dec. 2

PART III
"What now?"
Thurs. Dec. 3

BRINGING UP BABY BEHIND BARS

In Canada, there are currently nine correctional facilities with programs that allow mothers to live with their babies.

Alouette Correctional Centre for Women
Fort Smith Correctional Complexes
Women's Correctional Centre, Headingley
Joliette Institution for Women
Nova Institution for Women
Fraser Valley Institution for Women
Edmonton Institution for Women
Okimaw Ohci Healing Lodge
Grand Valley Institution for Women

In B.C., 23 babies were born to incarcerated women between 2008 and 2013, when Alouette's mother-baby program was shut down

Of these babies, 12 were put in foster care

Since Alouette's program reopened in 2013, 3 babies have been born in B.C. provincial jails

2 babies were put in foster care

1 baby was released with the mother

Currently there are 3 babies living with their mothers in federal prisons

‘There’s no time to waste’

UN SUMMIT

Trudeau tells leaders to fight climate change at home first

Prime Minister Justin Trudeau travelled to Europe to tell the world that the fight against climate change starts at home.

Trudeau wrapped up a week-long run of European summitry — his second in less than 30 days since being sworn in — with an address to the leaders’ plenary on the opening day of a UN-sponsored climate conference.

French President Francois Hollande, the host of the 21st climate conference, and other leaders painted the climate battle in existential terms for humankind, explicitly linking security issues and global warming in this terror-scarred city. Trudeau focused on his own backyard.

“Indigenous peoples have known for thousands of years how to care for our planet,” he said. “The rest of us have a lot to learn. And no time to waste.”

Trudeau said national governments like his own also have a lot they can learn from cities, and from the provincial premiers who’ve accompanied him to these talks.

More than 150 countries are represented at the conference, known as COP21, and more than 180 jurisdictions made emissions-cutting pledges in advance of two weeks of final negotiations that formally began Monday.

Hollande, whose nation was stricken earlier this month by its second deadly terror attack in 2015, portrayed the task of climate negotiators in vividly dire terms.

> **We must leave our children ... a viable planet.**
> Francois Hollande

“I’m not choosing between the fight against terror and the fight against global climate change,” he said in his opening address.

“Because we must leave our children more than a planet free of terrorism. We must leave them a viable planet.”

The conference site, a sprawling airfield outside Paris, was a remarkable scene. More than one hundred country leaders and several thousand official delegates and journalists converged in the City of Lights just three weeks after terrorists attacks.

Trudeau had been asked last week about the nexus of climate and terror after UN secretary general Ban Ki-Moon raised the link in Malta during a Commonwealth summit.

Trudeau said both have figured in every conversation he’s had with other world leaders, whether at the G20 in Turkey, the Asia-Pacific leaders summit in Manila, or last week in Malta — but added, “I don’t see a direct link there.”

At a news conference Monday on the conference site, Trudeau said the three-month election campaign this fall that propelled his Liberals to power showed him that Canadians are ready to pitch in on fighting climate change.

“But they want to know that what they’re doing fits into a bigger picture,” said Trudeau. “Because there is no point in bending over backwards if your neighbour or your government is not also doing its part to ensure that we all have the maximum impact together.”

Trudeau announced in Malta that Canada will contribute $2.65 billion to a climate adaptation and mitigation fund, and on Monday he added a pledge of $300 million to clean technology innovation as part of a 20-country project headlined by Hollande, Barack Obama and Microsoft’s Bill Gates. THE CANADIAN PRESS

Prime Minister Justin Trudeau speaks during the UN climate change summit Monday in France. ADRIAN WYLD/THE CANADIAN PRESS

TODDLER GOES VIRAL

Political junkie in diapers

Sophia Popalyar YOUTUBE.COM

She may still be in diapers, but Sophia Popalyar can do something many Canadians can’t: the two-year-old can name several of Canada’s new cabinet ministers.

Who is Canada’s new prime minister, her father, Fawad Popalyar, asks in a video posted on YouTube. “Justin Trudeau,” the youngster responds without missing a beat. “The honourable . . . ?” her father prompts.

“The Right Honourable Justin Trudeau,” Sophia replies, before turning her attention back to her Frozen-themed blanket.

Fawad said it took Sophia about a week to learn the names and positions of 15 Canadian cabinet ministers. But who is her favourite minister? Maryam Monsef, Canada’s new Minister of Democratic Institutions, Sophia replies. TORSTAR NEWS SERVICE

PEACE AWARD

Education and tolerance the answer, says ex-child soldier

Former child soldier Emmanuel Jal wants the world to stop fighting violence with violence.

The message is getting a big nod this week as the Toronto musician receives the World Citizen Artists award in Paris, a recognition of his work to promote peace through his art.

The award recognizes individuals and projects making a difference in the world through creativity. The inaugural award, given out last year, went German group Be Japy for their campaigns promoting acts of kindness.

Education and tolerance are the only solutions to increased brutality gripping the world, Jal says.

“There’s a lot of fear out there, and there’s a lot of people who know how to benefit from fear,” he said. “When we are scared, that’s when we kill each other.”

Hatred driven by fear is something Jal has known personally and fought hard to get away from. As a child soldier in South Sudan, he “hated Muslims” and wanted “to kill as many Muslims as possible,” Jal said.

“But I’ve changed. I’ve come to know that as many Muslims are victims of (ISIL) and terrorism as everyone else.”

> **There’s a lot of fear out there, and there’s a lot of people who know how to benefit from fear.**
> Emmanuel Jal

GILBERT NGABO/METRO

Vusiyeka Dubula and the South Africa-based Treatment Action Campaign group is looking for funding options at Tuesday's Toronto summit. CONTRIBUTED

Answering Africa's call

HIV TIME BOMB

Fresh funding the top priority at World AIDS Day summit

Gilbert Ngabo
Metro | Toronto

One of the largest organizations in the fight against AIDS could close up shop because it's running out of money.

South Africa-based TAC — Treatment Action Campaign — is one of a handful groups meeting in Toronto on Tuesday to discuss their challenges as the world marks AIDS Day.

The organization has been at the forefront of the battle against HIV in South Africa and across the continent. A big part of its $20-million annual budget comes from foreign donors.

But the contributions have been shrinking, with donors putting more and more money directly into government coffers rather than non-profits.

"This is a big concern to us," said Vusiyeka Dubula, TAC's former general secretary who teaches about the social aspects of HIV/AIDS at South Africa's Stellenbosch University.

The group could end some of its community programs by March if it can't find new sources of funding, she said.

"It would be a disaster for South Africans," she said, adding the country has the highest prevalence of HIV around the world. About 6.5 million South Africans are HIV-positive and only 3.5 million are receiving antiretroviral treatments. Of the 37 million around the world infected with HIV/AIDS, more than 25 million of them in Africa. About 75,000 people live with the virus in Canada.

Toronto-based Steven Lewis Foundation, which organized Tuesday's conference at Bell Lightbox, has committed to matching contributions to TAC's budget up to $1 million.

Dubula said health-care systems across Africa are failing badly, largely because of insufficient infrastructure and too few doctors and nurses.

IN BRIEF

Another province goes red as Liberals surge
The Liberals in Newfoundland and Labrador easily won a majority government in Monday's provincial election, ending 12 years of Progressive Conservative rule by sticking to a low-key campaign for change.
THE CANADIAN PRESS

No speaker role for Bélanger after diagnosis
Longtime Ottawa MP Mauril Bélanger won't seek to become House speaker after being diagnosed with ALS, also known as Lou Gehrig's disease. "Under the doctor's advice, I have decided to withdraw my candidacy," he said. THE CANADIAN PRESS

CRIME

Police seek leads after triple homicide

RCMP say they are treating the deaths of three people in a rural Alberta home as homicides.

Mounties found the bodies of a man, a woman and a teenage girl with "obvious trauma" in a house near Edson on Sunday.

Insp. Gibson Glavin said the deaths were not a murder-suicide. "I will be clear that there was someone out there, or some people, who did this and we have not arrested them yet," he said Monday.

RCMP major crimes investigators and other Mounties were speaking with people in the area west of Edmonton looking for leads, he said.

Police found the bodies after responding to a call from someone outside the home.

Glavin said police don't believe anyone else is at risk, but urged people to be careful.

"We do urge the public to be cautious, to be aware of people or circumstances that cause them to believe that they have some knowledge or some connection with this homicide investigation," he said.

> **We do urge the public to be aware, to be cautious.**
> Insp. Gibson Glavin

Glavin would not say at a news conference in Edmonton what the relationship was between the dead other than that they all lived in the house.

The investigation is not ruling out any suspects and officers would like to speak to anyone who may have information about what happened, he said. Autopsies had yet to be performed.
THE CANADIAN PRESS

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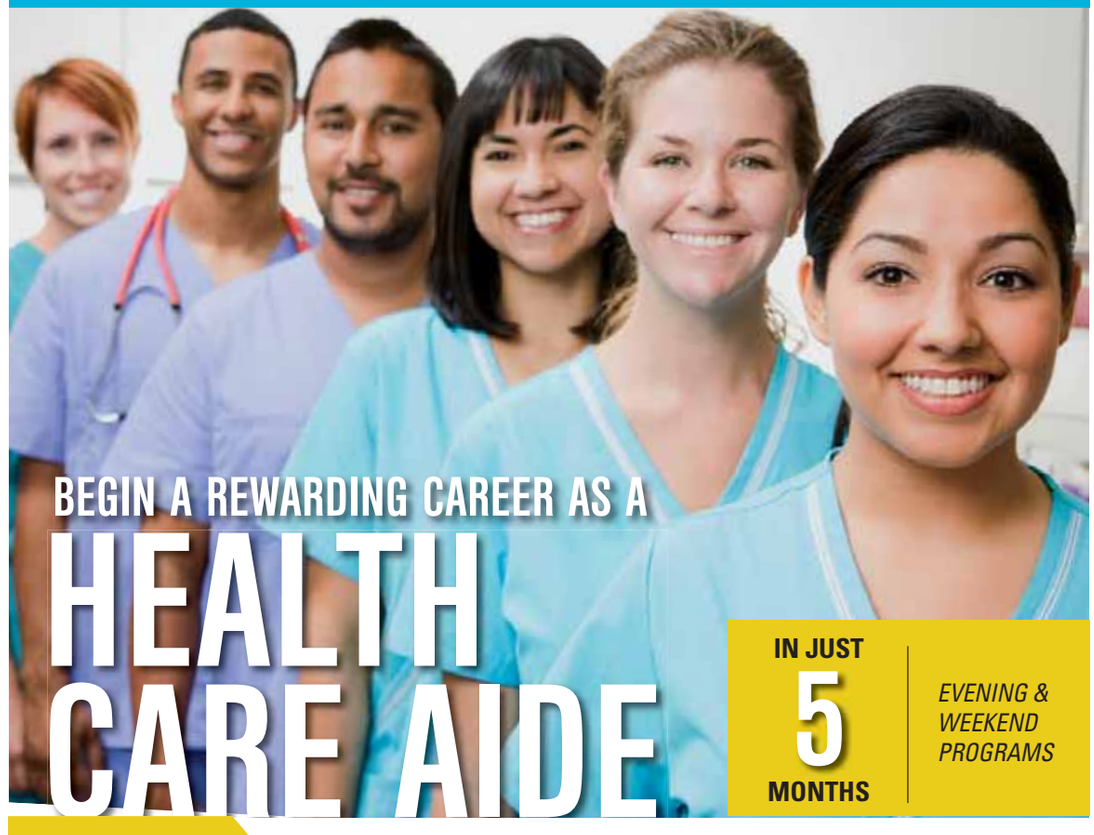

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IN BRIEF

Charges laid after clinic shooting rampage

The man accused of a deadly shooting rampage at a Planned Parenthood clinic in Colorado Springs was told Monday that he will be charged with first-degree murder in the killing of three people, including a police officer, during the standoff at the facility.

Robert Lewis Dear, 57, is accused of fatally shooting a university police officer who tried to stop the attack, an Iraq war veteran and a mother of two inside the clinic.

THE ASSOCIATED PRESS

Whaling fleet sets sail

Japan's whaling fleet will leave Tuesday for the Antarctic for a three-month, scaled-down hunt, the government said, despite protests from opponents who say Tokyo has not proven that whales need to be killed for research.

The expedition will be the first since the International Court of Justice ruled last year that the hunts were not truly scientific, forcing Tokyo to revise its Antarctic whaling plans. Last year, Japan did go to the Antarctic, but its research did not involve killing any whales.

THE ASSOCIATED PRESS

RUSSIA

Produce ban hits Turkey

Russia will restrict imports of Turkish fruits and vegetables as part of a package of new sanctions following the downing of a Russian warplane by Turkey last week.

Deputy Prime Minister Arkady Dvorkovich said Monday that the produce ban could be deferred for "several weeks" to allow Russian firms to find new suppliers and curb price rises, according to state news agency RIA Novosti.

Russia has previously banned food imports from the European Union and United States over the Ukraine crisis, a measure which has been blamed for fueling price rises of food on the Russian market.

The new measures against Turkey announced at a meeting chaired by Prime Minister Dmitry Medvedev also include limits on Turkish construction firms' ability to sign new contracts in Russia and restrictions on road transport.

The measures come two days after Russian President Vladimir Putin issued a decree ordering sanctions against Turkey and calling for imports to be restricted, although he did not specify which goods were to be banned.

THE ASSOCIATED PRESS

A trader prepares vegetables for customers at the Dorogomilovsky food market in Moscow. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

BEIJING SMOG LEVELS HIT DANGEROUS HIGH A Chinese police officer wears a protective mask as he stands in a very hazy Tiananmen Square on a day of heavy pollution on Nov. 30 in Beijing, China. China's capital and many cities in the northern part of the country recorded the worst smog of the year, with air quality devices in some areas unable to read such high levels of pollutants. KEVIN FRAYER/GETTY IMAGES

Summit an 'act of defiance': Obama

COP21

U.S. president delivers salute to Paris, urges climate action

Pushing for a powerful climate deal, President Barack Obama called the global talks opening Monday outside Paris an "act of defiance" against terrorism that proves the world stands undeterred by Islamic State of Iraq and the Levant-linked attacks in Europe and beyond.

Obama used his speech to more than 150 world leaders to salute Paris and its people for "insisting this crucial conference go on" just two weeks after attacks that killed 130 in the French capital. He said leaders had converged to show resolve to fight terrorism and uphold their values at the same time.

"What greater rejection of those who would tear down our world than marshalling our best efforts to save it," Obama said.

Obama's remarks came at the start of two weeks of make-or-break negotiations to finalize a sweeping global agreement to cut carbon emissions and hopefully stave off the worst effects of climate change. Obama exhorted leaders here to fight the enemy of cynicism — "the notion we can't do anything" about the warming of the planet.

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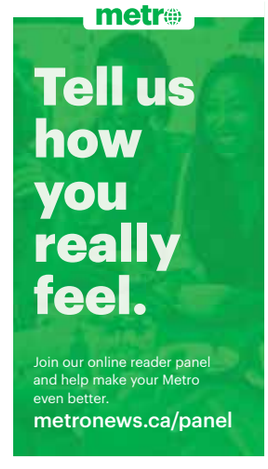

metro VIEWS
Your essential daily news
Tuesday, December 1, 2015

the big question

Should we allow scientists to edit human genes?

RESEARCHERS DISAGREE ON THIS POINT. Hundreds of experts and ethicists from around the world are holding a summit in Washington,D.C. this week to debate the limits of **human genome editing**, a biological cut-and-paste tool that lets scientists to spot a defective gene in a living cell and swap it out for a good one. The technique hasn't made its way out of the lab yet, but the potential is huge for treating and understanding disorders from cystic fibrosis to miscarriage, HIV/AIDS and cancer. The debate: Should manipulation be allowed on sperm, egg and embryonic cells? Such changes could affect future people who didn't give their consent. Already, a Chinese team has attempted to modify human embryos left over from in vitro fertilization, aiming to correct a deadly genetic disease. (They're still far from being able to safely attempt a pregnancy with an altered embryo). Attendees at the meeting will also hash out where the lines should be between treating illness, improving function, and selecting for desirable traits — creating so-called "designer babies." SOURCE: THE ASSOCIATED PRESS

Pro-life rhetoric paved the way for violence

Michael Coren
For Metro

We're not precisely sure why 57-year-old loner Robert Lewis Dear attacked a Planned Parenthood clinic in Colorado Springs and murdered three people. By all accounts he is a troubled, mentally unstable man, but officials from Planned Parenthood claim he had also expressed hostility to abortion and to their organization in particular.

What we do know is at least four Planned Parenthood clinics have been targeted by arson attacks in the past few months alone, and the police have been alerted to dozens of direct threats of violence.

This is not about love for babies, but hatred for those who are pro-choice.

There is nothing new, of course, about abortion providers being attacked — even in Canada — but Planned Parenthood has been a particular target after anti-abortion activists posted videos that they claim prove the women's health organization sells baby parts and performs abortions directly for profit.

Planned Parenthood argues the films are heavily edited and strongly misleading, but the result has still been a campaign of harassment, intimidation and abuse unprecedented in the abortion debate.

The facts are a little less absolute than the so-called pro-life movement would have us believe. Most of Planned Parenthood's work has nothing to do with abortion and deals with women — often from poor backgrounds — who require basic help with female health issues. Quite simply, without Planned Parenthood they would suffer terribly and could even die. How ironic that the strongest critics of the organization are so opposed to Obamacare and any form of public medicine.

Abortion itself, however, is a delicate, nuanced and complex issue. Nobody likes the idea, but most people understand the need for reproductive choice. In all honesty, I wish we could reduce the rates of abortion, but I would try to achieve this by providing universal access to contraceptives, ensuring a good and modern sex education as early as possible, empowering women and eradicating poverty.

The leading opponents of Planned Parenthood disagree. They want criminalization of abortion and the closing of clinics, and most of them reject contraception and certainly oppose any sex education worthy of the name.

The other aspect of all this is the incendiary nature of the language used by abortion opponents, to such a grotesque degree that violence seems almost inevitable. I spent the weekend researching online articles even by mainstream anti-abortion groups, and their use of Nazi imagery and accusations of "baby slaughter," "genocide" and "mass murder" are legion. The illustrations they use are vile.

Even I have been targeted in the past 48 hours with the most obscene and accusing comments merely for calling for a lowering of the volume of the discussion. This is not about love for babies, but hatred for those who are pro-choice. And I fear we have not seen the last of it.

Michael Coren is a writer, broadcaster and author of the forthcoming Epiphany: A Christian's Change of Heart & Mind over Same-Sex Marriage.

ROSEMARY WESTWOOD

metroview

There is no 'greatest country in the world.' And that's a good thing.

I've just returned from Amer'ca, a nation so self-glorified that even its most vicious homegrown critics remain obsessed, if bitterly so. Every American's favourite topic is America.

As with any time I leave our borders, people asked me, "So, you're from Canada?" (Silence.) "Sorry, I don't know anything about Canada."

But don't tell that to those who, in the context of welcoming Syrian refugees, are deeming this the "best/greatest country in the world/on earth." They include a Toronto newspaper columnist, a Manitoba First Nations chief, and a former Sudanese refugee in Saskatoon.

It's a phrase well loved by Stephen Harper, one adopted with regularity by his MPs. It was tweeted by Justin Trudeau in 2013, then softened slightly in campaign mode to wanting his kids to "grow up in the best country in the world." And we're but a mere shadow of American political boasting.

The claim is not only a terrible cliché as well as perpetually incorrect — it's also dangerous.

It doesn't matter that, as in the recent Canadian cases, our supposed superiority is being used to argue that we should welcome refugees into our wonderfulness.

Once you decide someone — or a whole culture — is below you, it's much easier to deny their humanity. That is how we practise cruelty, and excuse it. Once you set up a hierarchy — and that "we" are at the top of it — only conflict can follow.

Indeed, it is following in France. The homegrown terrorist attack in Paris has swiftly become a talisman of the nationalist, far-right party. Anti-immigrant and anti-Islam sentiments are finding new wind. Even before the attacks, small-town far-right politicians were railing against the spread of the kebab shop as a threat to the boulangerie, and immigrants have fought to be viewed as equally French.

It's not that we — the West — don't have values or privileges worth defending. You can even keep your mild pride, if you must, but as the EU's ambassador to the U.S. recently told Foreign Policy magazine, "We know where an excessive nationalism can take you in Europe and we never want to go back there again."

So let's not tell nice lies of superiority. Being the best in the world is a hyperbolic goal worthy of Donald Trump or Kim Jong-un, and we don't need raging nationalism to provide the basics to those fleeing war, namely safety, freedom, and hope.

Those aren't the hallmarks of some mythical, exalted society, but they are foundations of many quite good ones.

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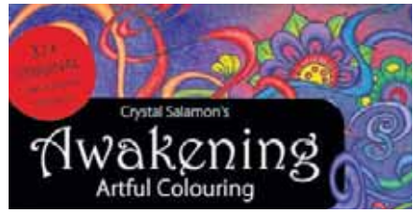
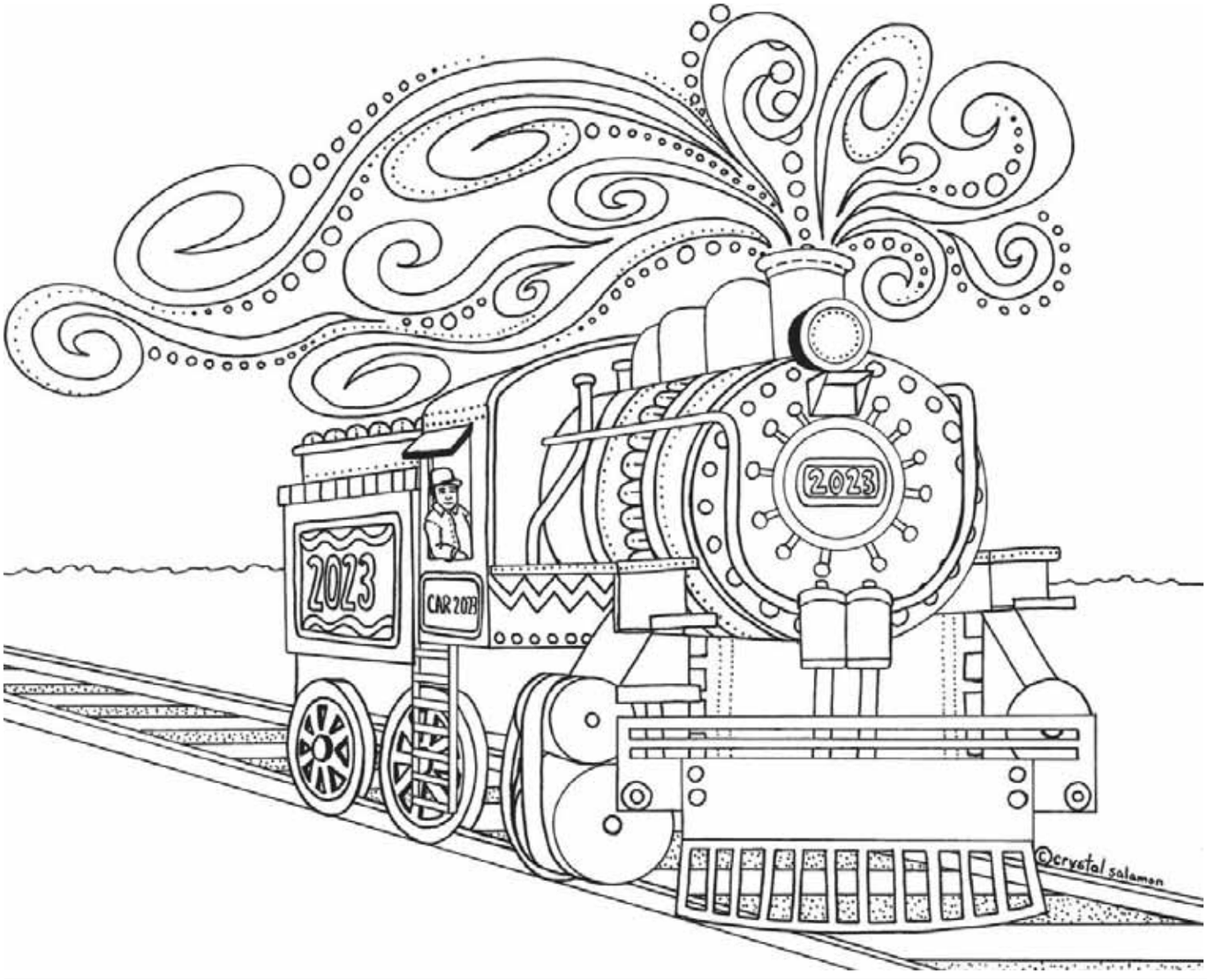


It's time to sharpen your pencil crayons, Calgary. Each week until the end of the year, Metro Calgary, and partners Nikon and the Camera Store, give you a chance to win two seats to the Dec. 31 game between the Flames and Kings. This week's contest closes Monday, Dec. 7 at noon. ILLUSTRATION COURTESY CRYSTAL SALAMON/FOR METRO



THE ARTIST

Crystal Salamon

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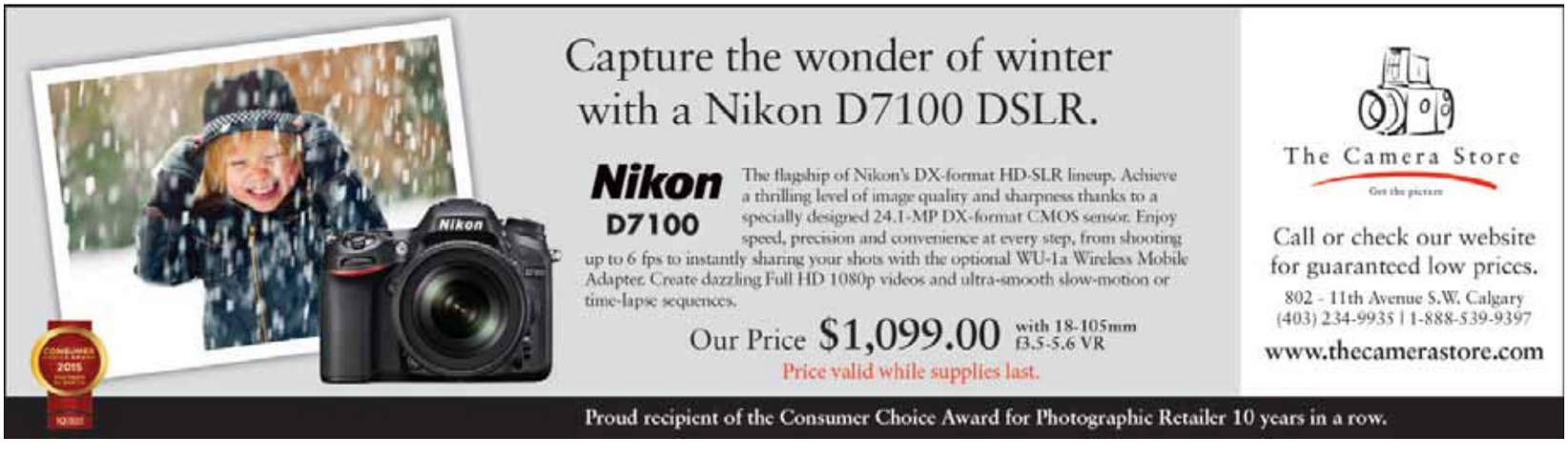
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Pink named UNICEF ambassador to raise awareness for child hunger, healthy living

INTERVIEW

Activist Jordan Figueiredo redefines the shape of fruit and veg waste

There is more to deformed produce than ridicule and contempt — just ask Jordan Figueiredo.

When not at his day job as a solid waste specialist for the Castro Valley Sanitary District in California's Bay area, Figueiredo runs the immensely successful @UglyFruitAndVeg campaign, one of the Internet's leading vehicles in the fight against food waste. It isn't a frivolous or quirky endeavour: in the United States, 26 per cent of produce is discarded before it gets to the grocery store. A lot is tossed out because it isn't the right size, shape or colour.

That's where Figueiredo comes in. He has used Twitter, Instagram, Facebook and Pinterest to spread awareness about produce that is rejected by large grocers because it's not perfect. He also writes articles and gives talks.

Changing produce beauty standards

COURTESY THE @UGLYFRUITANDVEG CAMPAIGN

It is shocking to think that a quarter of produce never makes it to the stores, that it gets wasted.
It is wasted at harvest, post-harvest, selecting what is good. It is grocers and marketing associations that say produce has to be a certain size and way to meet cosmetic standards. It's easier for them (grocers) to stack, the produce looks perfect.

Size is the biggest reason (for discarding), not blemishes. It is really bizarre how it is.

I've never understood why produce has to look good.
People believe that ugly produce isn't perfect, that there is something bad about it. I was like that, too. I think we have been conditioned that way — all we ever saw was perfect-looking produce, same-shape apples, size and colour. Even at farmers' markets, I found that produce that wasn't perfect gets turned over. It is basically a developed-world problem.

The campaign has a massive following on social media. How did you make — as some would say — ugly produce look so pretty and palatable?
People have been drawn in because these images are quirky and funny. I used to post just what I saw. I get photos from all over the world now. It started slow — I would just post pictures but once I started writing funny captions that is when it started to take off. One time, Jamie Oliver (the British celebrity chef) retweeted four tweets and my phone didn't stop buzzing!

What do you want the campaign to achieve?
It's really simple: all stores should sell all produce. There is nothing wrong with deformed fruits and vegetables. Also, it is a burden for farmers. For the most part, farmers barely make a living in the U.S. and in Canada. If their produce isn't accepted by grocers, they have to throw it away and they lose money. Big grocers can sell all this produce, with incentives or without. Changing the way they do business is an uphill climb.

Is there one vegetable or fruit that tends to be more imperfect or quirky than others?
Carrots are funny. I could post carrot pictures every single day. The shapes can be amazing: a carrot can look like a hand with five fingers, a carrot can be intertwined with another to make it look like someone making love. I can't even post some of them because they are so graphic.

This interview has been edited and condensed for length and clarity. TORSTAR NEWS SERVICE

> **Carrots are funny. I could post carrot pictures every single day.**
> Jordan Figueiredo

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The key to old age: Three eggs per day

LONGEVITY

World's second oldest person marks 116, shares secrets

Emma Morano, inset, who turned 116 on Monday, partly attributes her longevity to eating three eggs a day. ISTOCK/AP

Emma Morano, Europe's oldest person and the second oldest in the world, marked her 116th birthday by offering to sing her favourite song for visiting well-wishers, Italian media reported Monday.

Morano, one of only two women alive certified to have been born in the 19th Century, reached the milestone on Sunday in her little one-bedroomed flat in Verbania, a small town in the northern region of Piedmont.

"I'm fine, I'm fine and as long as it stays like that I will remain with you," she was quoted as saying. "You know I have a beautiful voice, if you like I can sing Parlare d'amore Mariu (Talk to me about love, Mariu)."

In an interview with the New York Times earlier this year, Morano attributed her longevity to having left a violent husband in 1938, shortly after the death of her only child at seven months, and to eating three eggs a day for much of her life.

Diagnosed with anaemia at 20, she was advised to eat two raw and one cooked egg every day, a regime she maintained for 90 years.

Susannah Mushatt Jones, the American who is the only other member of the 116 club, also attributes her longevity to many decades of living on her own, having been married for only five years between 1928 and 1933.

The Brooklyn resident is also a regular egg eater — although she prefers hers scrambled and served with four rashers of bacon. AFP

Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Breakfast cereals

We've always heard breakfast is the most important meal of the day. A nutritious bowl of cereal is a quick and easy way to get energized in the morning. While we know the candy-coloured kid's cereals are ones to skip, not all whole grain cereals are as healthy as you'd think. Also, the indicated serving size is rarely followed, since we tend to pour freely. A 2-cup serving is more realistic.

PICK THIS

Multi-Grain Cheerios (2 cups)

Calories 220
Fat 3g
Sugar 12g (3tsp)

SKIP THIS

Maple Raisin Nut Muslix (2 cups)

Calories 613
Fat 12g
Sugar 40g (10tsp)

HERE'S WHY

Equivalent: same amount of sugar as four Tim Hortons Chocolate Dip doughnuts

Whole grains are a great choice for breakfast, making both Multi-Grain Cheerios and Muslix seem like comparable choices for a smart cereal, but take a closer look. Muslix does have healthy whole grains, barley, fruits and nuts, but there is close to three times the calories and sugar, and four times the fat. Though much of this is due to the addition of nuts and dried fruit, the coconut and palm oil in the Muslix is not necessary. Enjoy the Cheerios and add your own fresh fruit (not dried) and just a sprinkle of nuts or seeds to make for a more nutritious breakfast.

HEALTH BRIEF

Study finds honesty comes with little effort

A new study says it's easier to be honest when a situation requires little or no effort. In situations of moral conflict, we are more inclined to the honest option when little effort is required.

That was the discovery made in a study at the Rotman School of Management at the University of Toronto.

The researchers aimed to analyze the behaviour of participants in several scenarios when a financial gain was attached to their answers. The volunteers tended to cheat spontaneously if the answer was incorrect and automatically generated, rather than actively creating a false answer themselves. In contrast, if the scenario was set up so participants were automatically given the honest response and had to override it to give a different answer, there was no cheating.

The study's findings can be applied to tax returns. The researchers concluded if information about our income is automatically generated on our tax return, we will be less likely to change it. AFP

Facebook envy: It's complicated

RESEARCH

Jealousy prompts users to post their own brags

Thandi Fletcher
Metro | Vancouver

Envy and an urge to 'keep up with the Joneses' drives Facebook users to post glamorous photos that portray their best selves, suggests new research from the University of British Columbia.

The study, which surveyed 1,193 Facebook users at a German university, found that many people are driven to post online because of a need to compete and keep up appearances.

But that can have negative consequences for users' emotional wellbeing, the researchers warn.

"Social media participation has been linked to depression, anxiety and narcissistic behaviour, but the reasons haven't been well-explained," Izak Benbasat, senior author of the study and a professor in UBC's Sauder School of Business, said in a news release.

"We found envy to be the missing link."

For the study, Benbasat and his co-authors asked survey participants a series of questions about their Facebook habits and cross-referenced them with the feelings they reported when using the platform.

The leading cause of Facebook envy? Travel photos, the researchers found.

Benbasat said witnessing photos of friends having fun and visiting exotic locales makes people to feel their lives are unfulfilling by comparison, which in turns sparks a vicious cycle of jealousy that prompts them to also post online.

However, he said, Facebook posting is not motivated by the desire to make others jealous, but rather because of a desire to make themselves feel better.

"If you feel envy, then as a reaction, you will also try to post something on Facebook that will make you feel better," he said in an interview. "It's a coping mechanism of self enhancement."

While Benbasat believes social media behaviour is unlikely to change, he urged users to be aware that there is a negative side of social media.

"We can't prevent people from posting because then Facebook will no longer have any meaning," he said.

"You have to take the good with the bad, but I think it's important for people to know that there is a bad side and to be aware of it."

The study, Why Following Friends Can Hurt You: Empirical Investigation of the Effects of Envy on Social Networking Sites, was published in the latest issue of the journal Information Systems Research.

The urge to 'keep up with the Jonses' drives Facebook users to post glamorous travel and life photos, creating a vicious circle of post envy. ISTOCK

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Doctor with HIV says dog saved his life

WORLD AIDS DAY

Photo project tells story of emotional healing

Rob Garofalo was devastated. He'd built his medical and research career on helping young AIDS patients. Then he learned that he, too, was HIV-positive. The news came after he'd already survived kidney cancer and a breakup with his longtime partner.

Try as he might, the doctor could not heal himself, at least not emotionally.

"I couldn't afford myself the same compassion that I'd spent a career teaching other people to have," says Garofalo, who heads the adolescent medicine division at Lurie Children's Hospital of Chicago. At first, he told almost no one about his HIV status —not even his own elderly mother, who sensed that her son was struggling mightily during a Christmas visit in 2010.

"You can tell me that everything is OK, but it's not," she said, cupping her hands around her son's face at the end of his trip to his native New Jersey.

Garofalo recalls crying on much of the flight home to Chicago in a catharsis that led him to an unexpected decision, one that helped him in ways no human could and ultimately led him to a new role in the HIV community.

He got a dog.

It was a little Yorkshire terrier he named Fred. And everything changed.

"I had this little bundle of, like, pure joy," Garofalo says. "He made me re-engage with the world."

The doctor, who's helped save many an AIDS patient, knows it sounds a little crazy that the companionship and simple needs of a pet could help him cope with his disease and pull him out of depression.

"But I'm not exaggerating when I say that he saved my life," says Garofalo, who'd considered suicide after his HIV diagnosis.

His journey back to life started with simple things. He had to leave the apartment where he'd isolated himself to buy food for Fred. He had to talk to the many people who wanted to stop and pet the little dog.

Lynnea Garbutt and Daniel Cardenas are both HIV positive and say their dogs have given them strength and hope. JESSE FREIDIN VIA THE ASSOCIATED PRESS

Garofalo also found comfort when he'd awaken with one of his frequent night terrors and have Fred to snuggle.

Eventually, Garofalo sought counselling and told his mother and friends about his HIV status. As his energy level grew, he also started a charity using Fred's image to raise money for programs that help HIV-positive teens.

He began a project called When Dogs Heal, with the help of a dog photographer named Jesse Freidin and a Chicago-based writer named Zach Stafford. It tells the stories of HIV-positive people and their dogs in an exhibit launching in Chicago today, which is World AIDS Day, and also in New York City two days later.

Participants whose images are in the show include a young mother from Los Angeles who was born with HIV, a Chicago man who tested positive after he was gang raped, and an HIV-positive man in San Francisco who quit dealing drugs so he could provide a more stable life for himself and his newly adopted dog.

"I would be in bed and not want to get up, but this little doggy was whining, licking my neck and needed to get outside. I had to get up," says Lynnea Garbutt, the young mom. She says her wirehaired fox terrier, Coconut, eventually helped her muster the courage to leave an abusive relationship and also prepared her to care for her daughter, who recently turned 1 and is not HIV-positive thanks to medical interventions. THE ASSOCIATED PRESS

DID YOU KNOW?

Having a dog reduces anxiety in kids

New York researchers have discovered that the presence of a dog in a home reduced children's anxiety. By creating a bond, stimulating conversation and facilitating social interaction, a canine companion helps to increase levels of oxytocin and to reduce levels of cortisol. AFP

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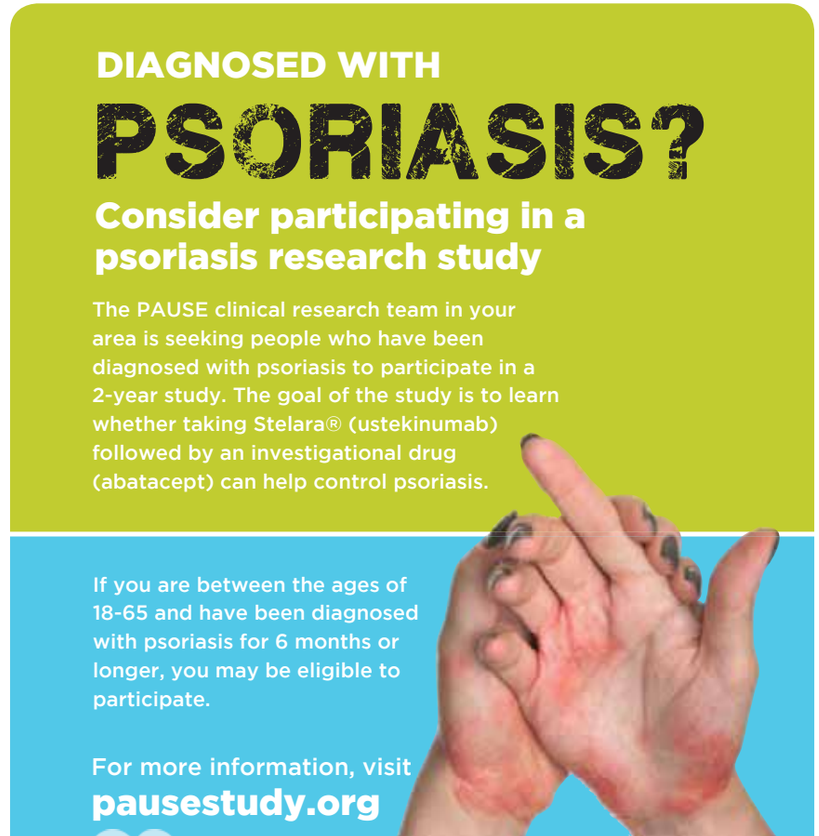
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NOTICED NATIONWIDE THE DRESS Weather reporters across the U.S. have been wearing the same dress from Amazon. The dress was reportedly originally shared to a private Facebook group for weather broadcasters, and took off from there because it adhered to the guidelines meteorologists are subject to when it comes to what they can wear on TV. "At $23 we could buy a handful of these dresses for what we normally pay for just one," Meteorologist Shelby Hays told TechInsider." Many female meteorologists are subject to a strict dress code for what they can and cannot wear on air. Patterns are considered 'too busy' and there are often regulations on sleeve length or style," Tech Insider reported. FUJITAGIRL83/IMUGR.COM

JOHANNA SCHNELLER WHAT I'M WATCHING

A strained self-awareness

Doll & Em: Season 2, Episode 5 (HBO)

The actress Emily Mortimer (The Newsroom) and her best friend Dolly Wells, playing fictionalized versions of themselves, have written a semi-autobiographical play that's about to open off-Broadway. The rehearsal process has been fraught; there's palpable tension between the playwrights and the actresses playing them, Olivia Wilde and Evan Rachel Wood. Now all four women are sitting with an eager reporter.

"Why did you cast much younger actresses to play you?" the reporter asks Em.

"I wouldn't say 'much' younger," Em demurs.

"Oh, yes, much," Wilde and Wood sputter.

"At least ten years," the reporter says blithely.

"Really, ten years?" Em mutters, rattled yet irked.

This series is nothing if not subtle — the humour sneaks up on you. Only after I finished all 12 episodes (divided over two seasons) did I really get it: It's about reinvention.

How easy it is to get stuck in one definition of ourselves. How much we yearn to change, to become someone no one expects us to be. And how difficult it is to break out of that box — because of self-doubt, yes, but also because others don't want us to.

Wells and Mortimer, creators and stars of Doll & Em. CONTRIBUTED

The show's creators, Mortimer, Wells, and Azazel Jacobs, made the smart decision to throw no external obstacles in Doll and Em's path: They easily land a producer, a theatre, a cast. So they'll either succeed by their talent, or fail on their limitations. Em is a star and Doll a civilian, but their problem is the same: Whatever happens, it's all on them.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Right-handed starter Johnny Cueto has reportedly rejected a six-year, $120-million offer to join the Arizona Diamondbacks

Eskimos shed mediocre tag

CFL

Longtime staff, players, fans rewarded with Grey Cup

The Edmonton Eskimos returned home with the Grey Cup Monday in what the team and fans agreed was as much a celebration of excellence as an exorcism of a decade of mediocre football.

"Having been here my entire career ... those dark years were really personal for me, and we worked tirelessly at trying to make sure that we could deliver something that these fans deserve," said Eskimo general manager Ed Hervey.

Eskimos quarterback Mike Reilly agreed, as behind him fans took pictures of the slightly pockmarked Cup as it sat on a table in the airport reception lounge.

"It's been 10 long years and we're just excited about having the opportunity to go and take that cup to our fans," said Reilly.

"We all did it together. They stuck with us through the dark times and that's what we had to go through to get to the bright times."

The Eskimos brought home their 14th Grey Cup, landing before noon at the Edmonton International Airport in a plane decorated in CFL team logos.

They were greeted by green and gold clad fans, cheering, blowing horns and singing the team's fight song.

Eskimos head coach Chris Jones carries the Grey Cup through the airport after returning to Edmonton on Monday.

JASON FRANSON/THE CANADIAN PRESS

With players, their families and fans it was over 200 people in the waiting lounge.

The Eskimos defeated the Ottawa Redblacks 26-20 at Investors Group Field in Winnipeg for their first Grey Cup win since 2005.

But it wasn't just the decade-long drought that followed that left a dry taste in fans' mouths. It was also the chronic mismanagement tinged by moments of melodrama for a team that was once the (green and gold) standard of the league.

> **I think I'm most proud of (the fact that) the culture of the Edmonton Eskimos is back.**
> GM Ed Hervey

Until 2006, the Eskimos had not missed the playoffs since 1972, a string of 34 consecutive seasons.

The Eskimos had authored two dynasties, for three years in the mid-1950s and then five in a row starting in 1978.

But since 2006 the Eskimos have not strung together more than two consecutive playoff seasons, missing the post-season four times. When head coach Chris Jones took over in 2014, he inherited a 4-14 ballclub.

Coaches came and went: Danny Maciocia, Richie Hall and Kavis Reed.

Eric Tillman came in as general manager in 2010, traded franchise quarterback Ricky Ray, frittered away the lifeblood Canadian content on the roster, and was gone by 2012.

Anger often boiled over, like in 2009, when defensive end Xzavie Jackson, after a fight with teammate Aaron Fiacconi in practice, left the field only to return moments later, marching toward Fiacconi with a shovel. Maciocia managed to intervene.

Even Hervey, the famous former Eskimos receiver who took over for Tillman in 2012, was not immune.

Frustration in 2013 over what he was seeing on the field led him to angrily announce roster and play-calling changes that led to questions over whether Reed had become a figurehead coach.

Lori and Seth Noble, season ticket holders since 2008, endured most of that, but said they always believed the team would come around.

"We've been hanging in there through the rough years, but we've always seen really good potential," said Lori, one of the fans on hand to greet the team.

Seth said they had come from a long night of celebrating the Cup win in Drayton Valley.

"It was great," said Seth. "It's what we've been waiting for."

THE CANADIAN PRESS

PARTY TIME

The city will host a noontime downtown Cup celebration for the Eskimos on Tuesday.

'We've been built to do this multiple times'

Mike Reilly doesn't see the Edmonton Eskimos being one-hit wonders.

The Grey Cup MVP believes the Eskimos have the framework in place to win multiple championships.

"We'll celebrate it, recoup for a couple of months but then the work gets that much harder because we're not built to do this once," Reilly said. "With the GM we have, the coaching staff we have and the players they've brought in, we've been built to do this multiple times and it's on us to make sure that happens."

The road to the Grey Cup hasn't always been a smooth one for Reilly and the Eskimos. In 2013, the club finished last in the West Division with a 4-14 record before hiring head coach Chris Jones.

In 2013, Edmonton showed marked improvement, finishing second in the conference with a 12-6 record. But Calgary was a huge thorn in the Eskimos' side, sweeping the season series 4-0, including a one-sided 43-18 victory in the West Division finale en route to capturing the Grey Cup.

But Edmonton exorcised those demons this season, finishing tied with Calgary with a CFL-best 14-4 record but garnering first in the West by virtue of winning the season series 2-1. Then the Eskimos dispatched the defending champions 45-31 in the division final.

"It's been a process," Reilly said. "I think through the 4-14 season we learned how not to win, we learned how to lose the close games.

"Last year we learned how to win those close games but we learned how to lose the big games. This year we finally learned how to win the big ones. It's been a three-year process in my mind and that's why I say I think we've been built for the long haul to do this multiple times."

THE CANADIAN PRESS

GM'S WORRIES

Edmonton GM Ed Hervey has plenty of work to do this off-season, with the likes of kicker Sean Whyte, running back John White, receivers Adarius Bowman and Shamawd Chambers (Grey Cup's top Canadian), defensive lineman Almondo Sewell, linebacker J.C. Sherritt and defensive back Aaron Grymes all projected to become free agents. And then there's Chris Jones, who the Saskatchewan Roughriders are reportedly interested in speaking to regarding their vacant head coach/GM positions.

Mike Reilly

GETTY IMAGES

McDavid's rehab is flying but not facing Leafs 'sucks'

NHL

Oilers' star sad to miss Toronto game but return to ice is closer

Connor McDavid will have to wait at least another 11 months to play his first NHL game at Air Canada Centre. He won't have to wait as many months as feared to get back into game action.

Originally considered out "months" with a broken left clavicle, McDavid said Monday that his rehab is ahead of schedule. This year's top draft pick who was injured Nov. 3 isn't skating yet, but he says he's pain free and hopes to be back sooner than expected.

"Obviously it's healing well," McDavid said. "It's kind of the long run where it feels good and you want to start doing everything, but at the end of the day you've still got to let it heal." McDavid, considered a generational talent, had five goals and seven assists in his first 13 games with the Oilers. That kind of start made him a front-runner for the Calder Trophy as rookie of the year.

He was starting to feel comfortable at the pro level when he slammed into the boards in Edmonton against the Philadelphia Flyers and broke his collarbone. Coach Todd McLellan called McDavid a "catalyst" who made teammates, namely Nail Yakupov, better.

> **We just seem to find ways to lose games.**
> Connor McDavid on the Oilers' form since his injury

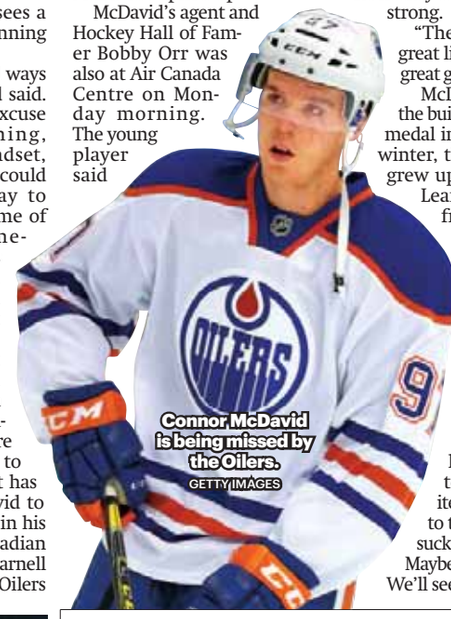
"We think that Connor is one of our top players as an 18-year-old," McLellan said before Edmonton's 3-0 loss to the Toronto Maple Leafs on Monday. "You take anybody's star player out and it's a big hole to fill."

The Oilers were 5-8-0 with McDavid in the lineup and are 3-7-2 since. A victory in Pittsburgh on Saturday made for a better mood around the team, but it's clear there's a ways to go.

From afar, McDavid sees a team that is close to winning but not close enough.

"We just seem to find ways to lose games," McDavid said. "I know that's not an excuse or anything, it's a mindset, and if we could find a way to switch some of those one-goal games around we'd be in a different situation."

McDavid said he'll let doctors figure out when he'll be able to return. In the meantime he's warming up his shoulder before working out and trying to stay in shape. Mentally it has been difficult on McDavid to miss so much time early in his professional career. Canadian world junior teammate Darnell Nurse said he and other Oilers players have been trying to keep McDavid's spirits up.


Connor McDavid is being missed by the Oilers. GETTY IMAGES

McDavid's agent and Hockey Hall of Famer Bobby Orr was also at Air Canada Centre on Monday morning. The young player said the support he has received from the hockey community has been strong.

"The hockey world is great like that, they're all great guys," McDavid said.

McDavid was back in the building he won a gold medal in with Canada last winter, the same place he grew up watching Maple Leafs games as a fan from nearby Newmarket. He was disappointed not to be able to take the ice in Toronto for the first time in the NHL.

"Obviously this one hurts a lot," McDavid said. "You want to play here in your hometown. I was definitely looking forward to this one, for sure. It sucks, but it is what it is. Maybe for the World Cup. We'll see." THE CANADIAN PRESS

NHL IN BRIEF

Rangers' Stepan out for 4-6 weeks with broken ribs

Rangers coach Alain Vigneault said centre Derek Stepan will miss four to six weeks because of broken ribs.

Vigneault made the announcement Monday following the New York Rangers' morning skate. Stepan injured the ribs in Friday's loss to Boston. He has six goals, six assists in 23 games this season. THE ASSOCIATED PRESS

First star for Dallas' Benn

Dallas Stars left-wing Jamie Benn, Washington Capitals goaltender Braden Holtby and Montreal Canadiens centre Alex Galchenyuk have been named the NHL's three stars of the week.

Benn shared the league lead with four goals and six points as the Stars continue their best start to a season in the franchise's 48-year history (19-5-0, 38 points). Holtby posted a 4-0-0 record with a 1.75 goals-against average, .945 save percentage and one shutout to lead the Capitals to the top of the Metropolitan Division standings. THE CANADIAN PRESS

SCORES

Clutterbuck to Islanders' rescue against Avalanche

Cal Clutterbuck broke a tie 1:52 into the third period and the New York Islanders beat the Colorado Avalanche 5-3 on Monday.

Kyle Okposo, Mikhail Grabovski, Casey Cizikas and Ryan Strome also scored and the Islanders won for the third time in four games. Thomas Greiss stopped 25 shots.

Jarome Iginla, Nick Holden and former Islander Blake Comeau each scored for Colorado, but the Avalanche fell for the fifth time in their last seven games. THE ASSOCIATED PRESS

NY Rangers continue to dominate Hurricanes

Mats Zuccarello and Oscar Lindberg scored first-period power-play goals and the New York Rangers beat Carolina 4-3 on Monday night to keep up their mastery of the Hurricanes.

Chris Kreider and Derick Brassard also scored and New York improved to 18-1-0 in its last 19 meetings with Carolina. Henrik Lundqvist made 33 saves and the Rangers ended a three-game losing streak. THE ASSOCIATED PRESS

Montreal Canadiens' goalie Carey Price BRUCE BENNETT/GETTY IMAGES

Habs facing long spell without Price

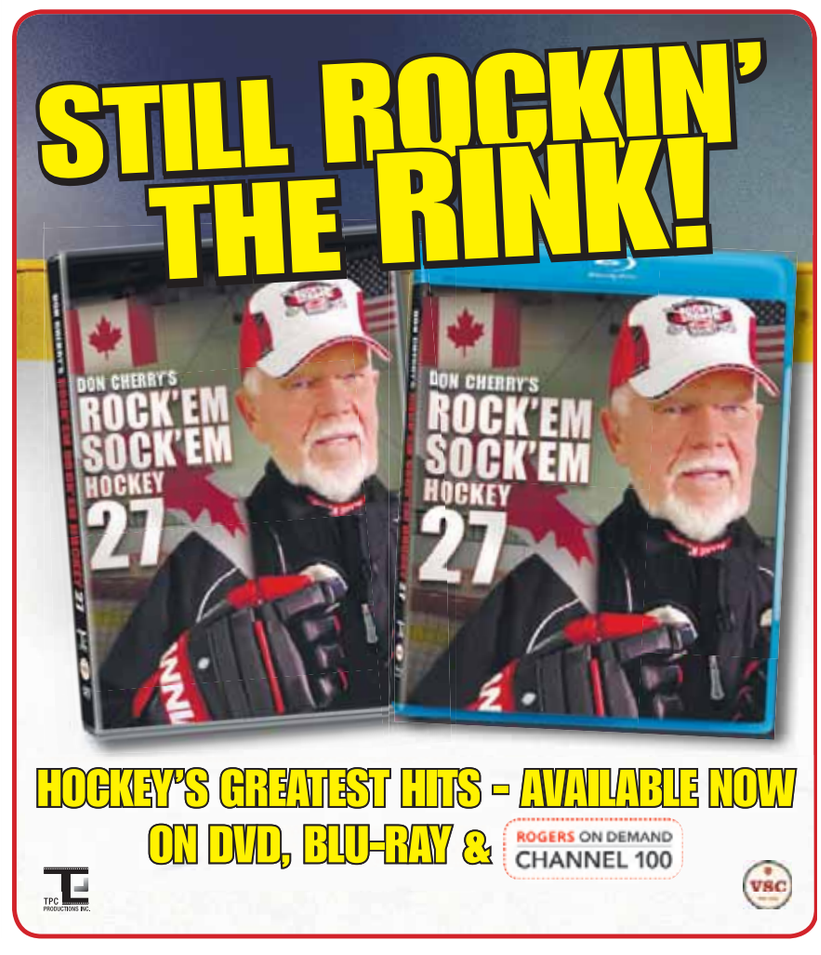
The Montreal Canadiens survived one nine-game stretch without star goaltender Carey Price, but now they'll will be missing him a lot longer. The Canadiens announced Monday that Price will be out at least six weeks with a lower body injury that he sustained during a 5-1 win over the Rangers in New York last week. He will not require surgery.

Last season's Hart and Vezina trophy winner is expected to miss at least 16 games, with only a slim chance he could return for the Winter Classic outdoor game Jan. 1 in Boston, if he heals quickly.

"He's a big part of our team," said defenceman P.K. Subban. "But if we think we're going to get any sympathy from the teams we're going to play in the next six weeks, we're not.

"The good thing is we've had to deal with not having Price in the lineup for a little while already and we know what that means. We have to pull our socks up."

The injury returns first-year back-up Mike Condon to the hot seat. The Boston-area native went 5-2-2 the last time Price was out from late October to mid-November, although he started to look shaky at the end of that run. THE CANADIAN PRESS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Kobe farewell tour opens up in Philly

NBA

Bryant knows the City of Brotherly Love also has haters

Kobe Bryant's farewell tour begins in the city that loves and hates him.

Bryant will play his first road game since announcing he'll retire after this season in his hometown Tuesday night against the winless Philadelphia 76ers (0-18).

> **He was never one of us. He wasn't a hard-working blue-collar guy.**
> 76ers fan Louis Manitti

The five-time NBA champion's relationship with Philly fans has been turbulent throughout his 20-year NBA career in Los Angeles. Some love him. Some hate him. Regardless, nearly everyone respects his superstar talent.

With the 76ers, Eagles and Flyers all struggling, Bryant's return was a hot topic on sports radio on Monday.

Born in Philadelphia, Bryant spent much of his childhood living in Italy where his father, Joe Bryant, played pro basketball. When his family moved back to the United States, Bryant went to Lower Merion High School, located in an affluent suburb about nine miles west of downtown Philadelphia.

He once said early in his career that he wasn't from Philly because he didn't live within the city limits. That didn't sit well with local fans. THE ASSOCIATED PRESS

Kobe Bryant ALEX GALLARDO/THE ASSOCIATED PRESS

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MLB

Zimmermann inks five-year Tigers deal

Free agent pitcher Jordan Zimmermann has finalized a $110 million, five-year contract with the Detroit Tigers.

Zimmermann gets $18 million in each of the next two seasons, $24 million in 2018 and $25 million in each of the final two years. As part of the agreement announced Monday, he has a full-no trade provision through 2018, then can be dealt to 10 teams without his permission during 2019-20.

The 29-year-old right-hander went 13-10 with a 3.66 ERA last season for Washington, striking out 164 with 39 walks. In 2014, he went 14-5 with a 2.66 ERA.

Jordan Zimmermann
ROBIN BUCKSON/THE ASSOCIATED PRESS

Detroit forfeits its second-round pick in June's amateur draft and Washington will gain a compensation selection, No. 38 overall. THE ASSOCIATED PRESS

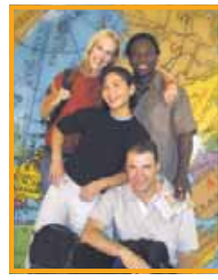
MLB IN BRIEF

Bonds eyeing Marlins gig

Barry Bonds might soon be tutoring Giancarlo Stanton, slugger to slugger.

Bonds is talking with the Miami Marlins about working for them as a hitting coach, a person familiar with the discussions said Monday.

If hired by the Marlins, Bonds would coach Stanton, their $325-million slugger, who has 181 career homers even though he just turned 26. THE ASSOCIATED PRESS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NOTICE OF CREDITORS AND CLAIMANTS
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In the Estate of Angela Rimac late of Calgary, Alberta, who died on the 31st Day of October, 2015. If you have a claim against this Estate, you must file your claim by the 4th day of January, 2016 and provide details of your claim to:

Stiles Law Office
Solicitor of the Personal Representatives
209 -10 Avenue S Box 790 Carstairs, Alberta T0M 0N0

If you do not file by the date above, the estate property can lawfully be distibuted without regard to any claim you may have.

RECIPE Butternut Squash and Black Bean Quesadillas

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This is an immunity-boosting, vitamin packed recipe. But you can just tell your family that you're having quesadillas for dinner!

Ready in
Prep time: 45 minutes
Serves 4

Ingredients
- 15 cups butternut squash, peeled and cubed
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- 1 tsp chili powder
- Pinch of salt and pepper
- 1 Tbsp olive oil
- 1 x 14 oz can black beans, rinsed
- 2 cups grated cheddar cheese (or Monteray Jack or Mozzarella)
- Big handful of cilantro, chopped
- 8 tortillas

Directions
1. Preheat the oven to 350 F.
2. In a large bowl, toss cubed squash with the spices and olive oil until well coated. Spread evenly on baking sheet and place in oven for 20 minutes. Remove from oven and add beans to the baking sheet. Stir together and spread evenly. Place back in the oven for another 20 minutes.
3. Drizzle oil in a skillet over medium heat. Place a tortilla down and spread 1/4 of the squash and bean mixture right to the edge of the tortilla. Sprinkle 1/2 cup of grated cheese and a bit of cilantro. Top it with another tortilla. Place a plate on top and press down firmly. Cook for about 5 minutes until the tortilla is golden and the cheese is beginning to melt. Carefully flip the quesadilla over and cook for another five minutes.
4. Repeat with the rest of your tortillas and squash. Cut the cooked quesadilla into quarters like a pizza and serve with guacamole, sour cream and salsa.

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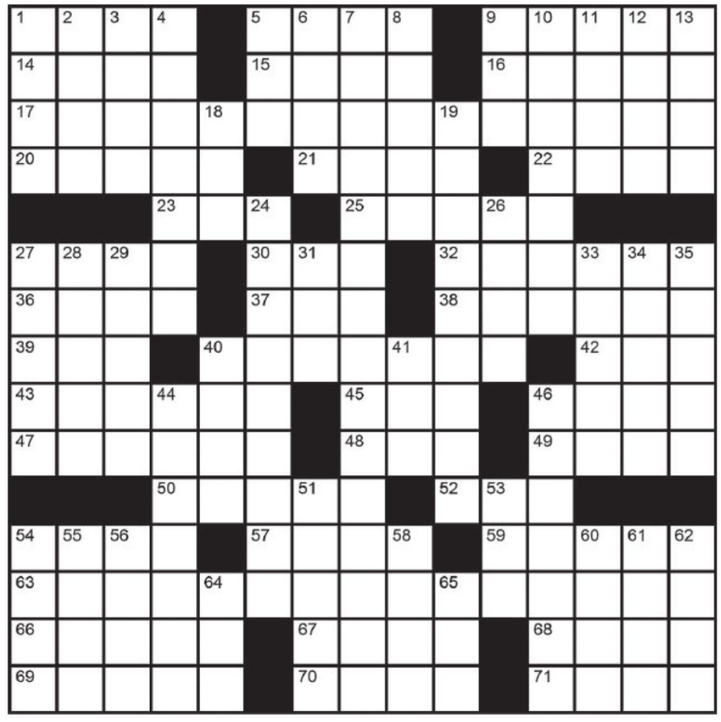
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Wizard's tool
5. Posh cars
9. Prized violin, e.g.
14. 'Acoustic Soul' artist, India.__
15. Hurt
16. Prefix to 'comedy' (Theatrical genre)
17. High-tech shoes Michael J. Fox famously wore as Marty McFly: 2 wds.
20. Lovely place to stroll
21. "Am _ __ late?" (Is there still time?)
22. Try to find
23. "__ Wednesday" (1973)
25. Jagged
27. Very dry, as per champagne
30. "Wowy!"
32. Museum tour guide
36. Soaks flax
37. "Let It Ride" gr.
38. Shred of a shredded shirt
39. Post-op locale
40. Dorothy __, "The Golden Girls" role
42. Bale of __
43. Like a scarecrow's filling
45. Kim, to Khloe
46. Sprightlinesses
47. Rather: 2 wds.
48. Gnaw
49. Formerly, in verse
50. "Luck Be _ __" by Frank Sinatra
52. Bungle
54. Long-range weapon, commonly
57. Scientific name of the Staghorn Sumac shrub which grows in southeastern Canada, __ Typhina
59. Novelist Dame Christie, cutely
63. 'Models' in sewing rooms: 2 wds.
66. 1940s jazz
67. The pair
68. "Eight Is Enough" actress Ms. O'Grady
69. Perfect places
70. Keen on
71. Book of __ (Old Testament book)

DOWN
1. Hymenopteran insect
2. Space
3. Zilches
4. Overcomes
5. Sheared-one's call
6. Gladiator's 1201
7. It's in northern Canada: 2 wds.
8. Gentleman, in Galicia
9. Toronto's 'Union', e.g.
10. Cut into threes
11. Shed implement
12. James __ (Pulitzer-winning writer)
13. Frisbee, __-shaped
18. L.A.'s 'L'
19. Refined asset: 2 wds.
24. One might have pet chickens and a large vegetable garden: 2 wds.
26. Marinate
27. Lively
28. 'Straight'-meaning prefix
29. Street sign sort
31. Prefix to 'logist' (Ear doctor)
33. Surgery aid, back in the olden days
34. Some tides
35. Affairee's appointment
40. Interestingly-named Canadian artist with the 1979 hit "Call Out My Name"
41. Ms. Vardalos
44. Joy __ (Author of 1960 lioness book Born Free)
46. Patio framework
51. United Arab Emirates capital, Abu __
53. U.K. military service
54. "__ __ happy to!"
55. Money: Deb. opposite
56. Ms. Neuwirth
58. Cobblestone
60. Small weight
61. "__ __ expert but..."
62. 'Photosynth' suffix
64. Madonna's first hubby ...his initials-sharers
65. 17th Greek letter

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You are at your most generous — you'll do anything for anyone no matter the cost. Don't worry if people try to take advantage — they'll get what they deserve in the end.

Taurus April 21 - May 21
You will come to the aid of someone who is in need of defending, but don't fall into the trap of thinking that you have to be there for them every time. Sooner or later they must learn to stand on their own two feet.

Gemini May 22 - June 21
A friend or work colleague will try to make a big deal of something that you think is of little or no importance today. Strive to see the situation from their point of view.

Cancer June 22 - July 23
Rise above petty things and focus only on positive words and deeds. If someone seeks to get ahead at your expense you must not go looking for revenge.

Leo July 24 - Aug. 23
You know what is right, you know what is just and you know what you must do. More than any other sign you have the power to follow things through to the end, so keep going.

Virgo Aug. 24 - Sept. 23
If others say nasty things about you don't say nasty things in return — there's no need. Those who know you well won't believe it and those who don't know you well will be impressed by your dignified manner.

Libra Sept. 24 - Oct. 23
You have pushed yourself hard in recent weeks and have accomplished a lot but now you need to take life at a less frenzied pace. There may be things that need doing but you don't have to do them all yourself.

Scorpio Oct. 24 - Nov. 22
You have so many opportunities to choose from. Money matters are central, so look for ways to increase your cashflow. Creative activities of all kinds will be especially rewarding.

Sagittarius Nov. 23 - Dec. 21
Stay focused and there is no limit to what you might accomplish. Today's Mercury-Uranus link will give you some amazing insights into how you can make the most of your talents.

Capricorn Dec. 22 - Jan. 20
You may look calm on the outside but your emotions are all over the place. Don't keep your feelings bottled up. The longer you keep a lid on things the bigger the inevitable explosion will be.

Aquarius Jan. 21 - Feb. 19
The more someone promises you riches and rewards for just a small investment today the more certain you can be that they are lying and hoping to get rich at your expense.

Pisces Feb. 20 - March 20
Get on the right side of employers and important people but don't make promises you may not be able to keep. Just be yourself and have faith that they will like what they see.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

5								
			1	9		3		
				4	7		5	
	9			1		6		
	7	6				1	3	
		4		7			2	
	2		9	8				
		5		2	6			
								9

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8	9	6	3	7	5	4	2	1
4	5	3	1	2	6	9	7	8
2	7	1	9	4	8	3	6	5
1	6	2	5	3	7	8	4	9
5	8	7	4	9	1	6	3	2
9	3	4	6	8	2	5	1	7
3	1	8	2	5	4	7	9	6
6	4	5	7	1	9	2	8	3
7	2	9	8	6	3	1	5	4

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